

Dr. Nancy Markham Bugbee, PsyD, MA, MBA, BCC

CoFounder/Clinical Director Well-Being Center of Colorado (New England Branch)

CoFounder/President Institute for Life & Care

I am a Counselor, Clinical Chaplain and mentor who delights in helping others experience well-being in body, mind, heart and soul in any season or circumstance of life, especially elders, family caregivers and those at end of life. I also enjoy working with interdisciplinary teams to develop innovative programs that maximize client outcomes and build strong relationships along with compassionate community culture.

AREAS OF EXPERTISE

- Counselor/mentor/consultant for professionals/leaders in helping and healing professions and other demanding fields. Specialties: 1. meaning-centered personal/professional growth and well-being; 2. inner-resilience development to balance compassion fatigue, vicarious trauma, life transitions, moral injury, burnout; 3. integrative well-being (body, mind, heart, soul) in any season or circumstance of life.
- Co-Founder, with LaFawn H. Biddle, of the Institute for Life & Care, a 501 (c) (3) education and care organization, in 2007 serving as CEO/Board President/Senior Faculty. Recruited, trained, developed, supervised faculty and staff.
- Author/program developer of *THRIVING FROM WITHIN®: A Blueprint for Living with Meaning and Purpose*. (A meaning-centered, whole-person model for personal growth, holistic well-being and professional development.)
- Co-Author of *Story Catchers* (a non-clinical workbook derivative of TFW).
- Program developer and practitioner for *Alongside* (education/training for eldercare/hospice companioning; recruitment, training and supervision of volunteers; care for the well-being of team members.)
- Board Certified Clinical Chaplain/Director of Spiritual Care; Spiritual Care for hospital and hospice patients, families and staff. Trained and supervised lay volunteers.

Nancy Markham Bugbee, PsyD, MA, MBA, BCC (cont.)

- Spiritual director (private practice).
- Certified Facilitator, *The Labyrinth*, a pathway for hope and healing, by Dr. Lauren Artress.
- Personality theories: Enneagram; Myers-Briggs Type Indicator; Highly Sensitive Persons (HSP).
- Management Consultant, Ernst & Young, Boston. Strategic planning for professional firms. Co-author of *Two-Tier Partnerships and Other Alternatives* (American Bar Association).
- Higher education positions in public affairs and career placement, Boston.

GRADUATE EDUCATION

- PsyD--Doctor of Psychology in Pastoral Logotherapy, Graduate Theological Foundation, Sarasota, FL.
- Four units of Clinical Pastoral Education/ 2 supervisory, Foy Richey, Supervisor, Rocky Mountain Institute for Education and Training, Denver.
- Board Certification by the College of Pastoral Supervision and Psychotherapy as well as the Center for Spiritual Care and Pastoral Formation (part of the Spiritual Care Association).
- Fourteen, and counting, professional development seminars at: Princeton Theological Seminary; Duke University School of Medicine (research/moral injury); Andover Newton Theological School; Viktor Frankl World Congress; Life Quality Institute; Critical Incident Stress Management; Coaching Institute.
- MA, Spiritual Formation, Regis University, Denver.
- Graduate of Spiritual Direction training, Vincentian Studies Institute, Denver, with Dr. Vie Thorgren.
- MBA, Simmons College Graduate School of Management, Boston.

PERSONAL

- Passionate about helping people discover meaning and higher purpose in their lives and becoming their best to give their best.
- Signature Strengths: Emotional/relational IQ; discerning the best in others; empathic, compassionate guidance/presence; life-long learning; encouragement; creativity/innovation.
- Enneagram type: One; MBTI type: INFJ; HSP
- Love of learning and growing, music, art, animals, biographies, contemplative practices, celebrating life.
- Mother of three (one daughter deceased).

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